



Health and Safety Plan

January 16, 2022 Revision

The safety of our students and staff at Albemarle Ballet Theatre is always our primary concern. Our goal is to provide an optimal learning environment in the performing arts, which includes the highest possible level of cleanliness. As such, ABT, in consultation with members of the medical community, the Centers for Disease Control (CDC), and local guidelines, is developing strict protocols for program participation at our facilities.

All classes are held in-person at ABT and all individuals on the premises will abide by the following plan. This plan will need to remain fluid in order to adjust to changing circumstances and advice from the CDC, as well as state and federal authorities.

ABT is providing its best effort to create a safe environment for its students. This Health and Safety Plan does not express any guarantee, promise, or assurance, or represent 100% effectiveness against the spread of disease. It is meant to augment the guidelines set forth by the CDC, state, and federal authorities, and can only be as effective as official guidance in combination with the public's willingness to follow them.

Participation Restrictions

ABT requires that the parent/guardian perform a health assessment (please see page 3) before your child arrives at ABT. If your child has a fever or is showing any signs of sickness, they will not be eligible to attend classes until they are symptom-free and have been cleared by their physician. Students that have a temperature of 100 degrees or higher or exhibit any contagious disease symptoms will be sent home. If your child has allergies, a doctor's note will be required.

Students or household members who are exhibiting COVID-19 symptoms or have been diagnosed with COVID-19 are prohibited from attending classes in-person unless they have followed the COVID-19 protocols outlined on page 2. You can find a free testing site [here](#).

For safety reasons, we cannot grant entrance or class participation to anyone:

- Who is not wearing a minimum of a 3-layer mask over their nose and mouth
- With COVID-19
- With symptoms of any contagious disease including COVID-19 (a doctor's note must be provided for allergies)
- Who has not adhered to the Covid protocols on page 2

Please adhere to the following protocol if...

1. Someone in your household has Covid:

AND you're vaccinated

- Option 1: Take a home Covid test 5-days after the LAST person shows symptoms (or receives a positive Covid test) and if your test is negative AND you remain symptom-free, you can return to dance.
- Option 2: Not take a test and wait 10-days after the LAST person shows symptoms (or receives a positive Covid test) before returning to dance so long as you remain symptom-free.

AND you're unvaccinated

- Option 1: Take a PCR test 5-days after the LAST person shows symptoms (or receives a positive Covid test) and if your test is negative AND you remain symptom-free, you can return to dance.
- Option 2: Not take a test and wait 14-days after the LAST person shows symptoms (or receives a positive Covid test) before returning to dance so long as you remain symptom-free.

2. You've had an exposure to someone with Covid

AND you're vaccinated

- Option 1: Take a home Covid test 5-days after the exposure and if negative AND symptom-free, you can return to dance.
- Option 2: Not take a test and wait 10-days before returning to dance so long as you remain symptom-free.

AND you're unvaccinated

- Option 1: Take a PCR test 5-days after the exposure and if negative AND symptom-free, you can return to dance.
- Option 2: Not take a test and wait 14-days before returning to dance so long as you remain symptom-free.

3. You've traveled outside of the area domestically

AND you're vaccinated

- Option 1: Self-monitor for symptoms, wear a mask, and take other precautions during travel. Can return to dance if there are no known exposures and you remain symptom-free.

AND you're unvaccinated

- Option 1: Get tested 3-5 days after travel, self-monitor for symptoms, wear a mask, and take other precautions during travel, and wait 7-days to return to dance if Covid test is negative and you remain symptom-free.
- Option 2: Not take a test, self-monitor for symptoms, wear a mask, and take other precautions during travel, and wait 10-days to return to dance so long as you remain symptom-free.

4. You've traveled outside of the area internationally

AND you're vaccinated

- Option 1: Get tested 3-5 days after travel, self-monitor for symptoms, wear a mask, and take other precautions during travel. Can return to dance if there are no known exposures and you remain symptom-free.

AND you're unvaccinated

- Option 1: Get tested 3-5 days after travel, self-monitor for symptoms, wear a mask, and take other precautions during travel, and wait 7-days to return to dance.
- Option 2: Not take a test, self-monitor for symptoms, wear a mask, and take other precautions during travel, and wait 10-days to return to dance so long as you remain symptom-free.

Drop-Off and Pick-Up

Before Class

- Parent/Guardian should perform a health assessment before their child arrives at ABT. Students that have a temperature above 100 degrees or exhibit any contagious disease symptoms will be sent home. Please be cautious and honest for the safety of all!
- Students must arrive no earlier than 10 minutes prior to their scheduled class. This is to avoid unnecessary exposure or social distancing issues.
- Dancers should arrive in dance clothes (with warm-up coverings), ready to go straight into the studio. Dancers are not allowed to wear their dance shoes outside and must wear street shoes entering and leaving.
- Anyone who enters the building ages 3+, regardless of vaccination status, **MUST** wear a properly fitting mask at all times or they will be asked to leave.
- One parent/guardian must drop-off and pick-up their student in the waiting room outside of the studio for levels Creative Movement through Ballet IIB. Dancers in these levels will not be allowed to leave the building unless they are picked up by their parent/guardian.
- One parent/guardian may remain in the waiting room during class time for Creative Movement and Exploring Ballet only. For all other levels, only students will be allowed to remain in the building during class time.
- Dancers should Sanitize their hands before entering the studio.
- Because of these restrictions, students will not be allowed into class late.
- Students are advised to bring adequate water bottles that are filled.

After Class

- Class times have been adjusted to allow for a thorough cleaning of the space before the next class begins.
- Please arrive at the parking lot 5-10 minutes before the scheduled class end time to be ready to pick up your dancer. For levels Creative Movement - Ballet IIB please pick your dancer up from the waiting room *inside* the building. Please be on time to pick-up your dancer. We are not liable for student's safety once class has ended and we cannot guarantee a teacher will be available to supervise your child.
- Dancers should move directly to/from the facility to their waiting vehicle before and after classes.

Health Assessment Questions

If you answer yes to any questions, your child is not eligible to take classes until they are either symptom-free or have been cleared by a physician.

- Is your child's temperature above 100.4 degrees?
- Have they experienced any contagious disease symptoms in the past 48-hours such as sneezing, congestion, cough, sore throat, difficulty breathing, chills, vomiting, diarrhea, rash, pink eye, or fatigue? *If they have allergies they will need to provide a doctor's note.
- In the past 10-days, has your child been in close physical contact (within 6-feet for a cumulative total of 15-minutes or more over a 24-hour period) with anyone who has Covid-19 or anyone who has symptoms consistent with Covid-19?
- If unvaccinated, have they traveled or attended a large indoor public gathering?

Minimizing Exposure

Mask Protocol

ABT defines an acceptable mask as one which will:

- Cover the student's entire nose and mouth at the same time with minimal gapping.
- Attach to the head securely, often with elastics around the ears or around the back of the head (incidentally, a ballet bun may be very helpful here).
- Include at least three layers of fabric.
- We are keeping in mind that dancing in masks is difficult for all of us! We will incorporate appropriate water breaks and breathing awareness.

Mask removal and Disposal Protocol

- Students should make every effort not to remove their masks during class or rehearsal.
- Dancers will not leave behind masks anywhere inside the facility unless it is inside a trash can.
- ABT is not responsible for lost or missing masks.
- Dancers may require multiple masks to get through their class/es. A wet mask is less efficient at filtering bacteria and viruses; therefore, if a student's mask becomes saturated with moisture from breathing or sweat, they will be required to change into a dry mask.
- Masks should only be worn once and then replaced with a fresh mask.
- All reusable masks should be washed thoroughly between uses with hot water and soap.

High-Touch Areas and General Best Practices

- As in the past, ABT will continue to sanitize all high-touch surfaces. The frequency of this cleaning, however, has increased this past year and will continue.
- Students and families are encouraged to use an elbow/hip instead of their hands whenever possible to push doors open or flip light switches.
- Hand sanitizer will be readily available throughout the building,
- While the bathroom is available to students and staff, we encourage all (especially young dancers) to use the restroom at home prior to coming to ABT.
- Remember to wash hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing.
- If a student or staff member that has attended classes at ABT in the past 14-days is diagnosed with COVID-19, families will be notified and the school will be closed for in-person classes for two-weeks for proper disinfection.

Physical Distancing and Class Size Reduction

- ABT will utilize the 6-foot rule coming in and out of studios until further notice.
- Maximum class sizes and building capacity have been determined and will continue to be adjusted according to state and local requirements.
- All barres will be sanitized before and after use.
- A minimum of a 6-foot social distancing rule will be utilized in both studios.
- Fans and increased HVAC have been installed in both studios to maximize air circulation.